




[private] more gratitude



Chaz
 [cvillette](#)

<https://cvillette.livejournal.com/2008-07-13> 10:00:00

MUSIC: Matthew Good Band - A Single Explosion

3) It's supposed to be in the 90s today. If I can manage to walk up the stairs with a lawn chair and I remember how to pick a lock, the Beach is open!!! At least until the thunderstorms roll in.

(There is nobody on the roof to see you take your shirt off, cowboy. And it's not like midlife skin cancer is a concern. Go make some vitamin D. Stop making excuses. You can do your PT out in the sun.)

4) while we're on the subject, silicon gel and pressure pad therapy seems to be working, and while I've got some hypertrophy (probably more on the right wrist, because of the cast, but we'll see when it comes off), no giant cauliflower keloids yet. Maybe no giant cauliflower keloids at all. Maybe someday soon I'll even be able to lift my arms high enough to change the damned dressings myself.

5) Cast comes off three weeks from Monday. !!!!

6) The PT *is* getting easier. And my range of motion is improving. Which means Mark will give me harder things to do on Monday. Harder things to do means getting stronger.

7) Scrambled eggs without puking.

And that's all the gratitude I got today.

TAGS: [gratitude](#)

[locked] [Dream Journal](#)

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

[Elvis doesn't live here anymore.](#)

Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't

Poppets. Puppets. Poppet
puppets. Scary.

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